





# SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE JANUARY 2013



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	<b>CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</b>	2	White Bean & Escarole Soup Grande Cheese Ravioli w/Tomato Sauce Garden Salad Italian Vinaigrette Dressing Italian Bread Tropical Fruit	3	Orange Juice Salisbury Steak Parslied Noodles Caribbean Blend Vegetables 100% Whole Wheat Bread Peaches & Pears	4	Corn Chowder Crabby Cake on Multi-Grain Bun Tater Tots Tartar Sauce Carrot Raisin Salad Fresh Fruit
7	Barbeque Pork Ribs Baked Beans Broccoli Cuts Wheat Bread Fruit Cocktail	8	Vegetarian Soup Chicken Parmesan Ziti w/Italian Sauce Italian Green Beans Club Roll Fresh Fruit	9	Butter Crumb Fish Square Chive Mashed Potatoes Tartar Sauce Peas & Diced Carrots 100% Whole Wheat Bread Tropical Fruit	10	Apple Juice Italian Baked Chicken w/Sauce Parslied Bowties Italian Mixed Vegetables Whole Grain White Bread Apple Blueberry Crisp w/Topping	11	Grape Juice Sauerbraten w/Gingersnap Gravy Baked Sweet Potatoes Wax & Green Beans Pumpnickel Bread Apple Strudel Stick
14	Chicken Chow Mein Over Fluffy White Rice Oriental Vegetables 12-Grain Bread Fresh Fruit	15	<b>NATIONAL STRAWBERRY ICE CREAM DAY</b>  Apple Juice Meatloaf Garlic Smashed Potatoes California Blend Vegetables Oatnut Bread Strawberry Ice Cream	16	Roast Pork w/Vegetable Gravy White & Brown Rice Blend Brussel Sprouts Wheat Dinner Roll Applesauce	17	Country Style Vegetable Soup Manicotti w/Italian Meat Sauce Yellow Squash & Zucchini Whole Grain White Bread Pineapple Tidbits	18	Orange Juice Fish Florentine Oven Roasted Potatoes Capri Blend Vegetables Rye Bread Apricots
21	<b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING'S DAY!</b>	22	<b>Oven Fried Chicken Baked Beans Collard Greens Dinner Roll Sliced Pears</b>	23	Baked Fish w/Lemon Dill Sauce White & Wild Rice Prince William Blend Vegetables Wheat Bread Fruit Cocktail	24	Potato Leek Soup Breaded Pork Steak w/Gravy Baked Potato Prince Edward Vegetables 100% Whole Wheat Bread Lemon Pudding w/Topping	25	Roast Turkey w/Gravy Mashed Sweet Potatoes Peas & Pearl Onions Cranberry Sauce Wheat Dinner Roll Sliced Pears
28	<b>NATIONAL CHOCOLATE CAKE DAY</b>  Orange Juice Italian Style Meatloaf Farfalle Noodles Spinach Italian Bread Frosted Chocolate Cake	29	Chicken Vegetable Soup Chicken A La King Fluffy White Rice Whole Baby Carrots Wheat Bread Apricots	30	Orange & Cumin Rubbed Pork Baked Sweet Potato Brussel Sprouts Dinner Roll Tropical Fruit	31	Mariner's Chowder Pier-17 Fish Fiesta Rice Coleslaw Wheat Bread Pineapple Tidbits		

**Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.**

**All meals are served with milk, bread and margarine. DONATIONS: \$2.00 (or whatever you can afford)**